

40 PLUS D.C. WORKSHOP

Define the Career You Really Want: Focus and Strategy

Designed and Led by Ruth M. Schimel, Ph.D.

Saturday, March 7, 2009, 10 am – 3 pm; (snow date) March 14

Location: Forty Plus DC: 1718 P Street, NW, #T2

Why Participate?

Create your foundation for work search from the inside-out by expressing what *you* want to do first, instead of just focusing on what's "out there." Then use your focus to determine short and longer-term strategies and make decisions. Your inspiring, viable vision will transcend sound bites of job titles and even fields. That will open a range of work possibilities you may not have considered and expand opportunities that honor your strengths and interests as well as promote financial security.

What to Expect:

Learn how to use an original process for integrating complex, authentic information about yourself, in your own words, that you can continue updating. You'll be using handouts that help you define your own:

- values
- interests and passions for subjects and interests that engage you
- transferable skills
- preferences for people you want to work with, serve and assist
- situations and venues for work

Other brief themes and original materials relate to designing your work life, action planning, informational interviewing and doing research to test your vision.

Benefit from contributions of other participants during the workshop and at the one hour, brown bag lunch break. Please arrive early 9:45 a.m suggested and plan to participate for the entire time for full benefit. Bring about 20 business cards or other identification to share as well as materials for taking notes.

Ruth Schimel, Ph.D., Career and Management Consultant, has been in practice since 1983. Her previous incarnations include: management consultant, professor, and Foreign Service officer. Ruth is writing a book based on her dissertation: Becoming Courageous. She's also the founder and manager of The Schimel Lode, which will be focusing on supporting nonprofit innovation. See Resources at www.ruthschimel.com and www.theschimellode.net.

Tuition: \$55.00 for 40 Plus DC Members and \$85.00 for Non-Members

Credit card payments encouraged. Payment must be made in advance to reserve your place. No registration at door. Maximum 20 participants, so first come, first served. Guests not permitted.

Sign up to participate by Tuesday, March 3rd: Michael Newton at kossuth22@yahoo.com. 703.553.5529. Please call if you have questions.